




**HIMALAYAN
DREAM TREKS**

 10B, Ajabpur Kalan, Dharampur, Dehradun, 248001

Applicant Name _____

Date of Birth _____

Parameter	Condition
Pulse rate at rest <i>Must be in between (60 to 90 beats per minute)</i>	
Blood Pressure Reading <i>Must be in between (DIASTOLIC 75 – 85, SYSTOLIC 100 - 130 mm Hg)</i>	
Respiratory rate at rest <i>Must be in between (12 to 20 breaths per minute)</i>	
Liver and kidney conditions	
Any drug allergies	
Is the applicant under medication of any kind? <i>If yes please mention details</i>	
Has the applicant suffered from any kind of altitude related illness in the past? <i>If yes give details</i>	
Does the applicant suffer from any chronic disease like - Diabetes Mellitus, Bronchial Asthma, Epilepsy, Heart problems etc? <i>If yes, please mention details</i>	
Any other observations <i>If yes, please mention details.</i>	
Overall physical fitness	

If readings and reports fall outside the normal range, please contact the trek coordinator before starting on any adventure activity or trip.

I have medically examined the applicant and found him/her fit to undergo an adventure activity, trip, or trekking expedition in high-altitude areas and mountains.

Name of Doctor _____

Examine Date _____

Signature & Stamp